

Gestión de la Recreación Física para el desarrollo humano local

Physical Recreation management for local human development

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RESUMEN

La recreación es un fenómeno psicosocial que forma parte de los aspectos valorados para conformar estilos de vida saludables. Sus potencialidades permiten instruir y colaborar con el desarrollo del hombre. Por lo que hay que brindarle a este proceso especial atención y mejorar las vías para su perfeccionamiento. En el área estudiada se reconocen los logros alcanzados, pero persisten insuficiencias que no permiten avanzar en este sentido. Por tales motivos se decidió proponer la gestión de la Recreación Física para el desarrollo humano local desde el Barrio Norte de la provincia de Guantánamo.

Palabras claves: Gestión; Recreación física; Desarrollo humano; Estilos de vida saludables

ABSTRACT

Recreation is a psychosocial phenomenon that is part of the aspects valued to shape healthy lifestyles. Their potentials allow instructing and collaborating with the development of man. So, it must give this process special attention and improve the ways for its improvement. In the area studied, the achievements are recognized, but insufficiencies persist that do not allow progress in this direction. For these reasons it was decided to propose the management of Physical Recreation for local human development from the North District of the province of Guantánamo.

Keywords: Management; Physical recreation; Human development; Healthy life styles

INTRODUCTION

According to Rodríguez, Bellido & González (2011), changes are perceived in the population lifestyles nowadays, and mainly in the cultures that cease to be traditional insofar as they assume foreign patterns.

Recreation as a psychological phenomenon is within the parameters that make up the lifestyle. Although new recreational activities are known abroad, this activity remains as the action and effect of recreating, therefore, it refers to create or produce something again. It also refers to fun, joy, delight, in a pursuit of distraction in the midst of work and daily obligations (Alonso, Perez, Rivero, Romero & Riera, 2004).

The processes of physical activities and sports at the neighborhood level, as a means of recreation, vary greatly according to the characteristics of the same, and can not be better without taking into account needs, likes, preferences and interests.

According to Báez, Ramos, Ojeda & García (2010), the excess of centralization in the programs and activities to be developed also breaks the quality.

The neighborhoods organized by the sports teams have to receive the policy for mass in recreational physical activities and sports, as manifestations of recreation from the higher levels. The neighborhoods will respond to this policy with programs, projects and contextual activities designed and built from each community from their needs for human talents based on the material and technological resources they have (Rodríguez, Bellido & González, 2011).

Among the limitations for the development of Physical Recreation in the neighborhood are include:

- Lack of sports material resources for community work.
- Insufficient attention on the part of the direction of the Popular Council, regarding the planning of the annual budget.
- Poor integration of educational and cultural institutions to encourage the participation of their members in recreational activities.

- Insufficient traditional offers and dissatisfaction of social diversity, with respect to recreational offers, which do not respond to their needs.
- Activities focused on the school population and not related to the members of the neighborhood cultural roots.

Therefore, it is necessary to develop a management model for physical recreation as a satisfaction of the needs and capacities for local human development from the North neighborhood of Guantanamo Province.

DEVELOPMENT

The development of this research was based on the characterization of the Northern neighborhood in Guantánamo province. This city is known for its gridded form when locating its streets and sectors. The neighborhood to be characterized is located precisely in the northern area, framed from The Students Avenue (Paseo) to 13 North, and from Sol Street to 13 de Junio Street (Drowning).

It is a Popular Council with an urbanized historical center. We can find a polyclinical and two drogstores, two primary schools, a High School school, six grocery stores. The historian's house, a Tobaccos Factory and a Cookies and Candies Factory are also located in this area. There is also the Provincial Court of Justice, and the Province's Railroad Terminal.

With a population of 1280 inhabitants per km², the territory has a rich vegetation, with fruit trees such as mango, coconut, mamoncillo, lemon and avocado. Not all neighbors have the habit of having gardens and some streets have no sidewalks.

With respect to recreation, in the pre-1959 era, board games such as cards, dice, dominoes, checkers and chess were held for money. They liked cockfights, which are currently held as preference in the likes of this population. In addition, at present, young people play soccer and baseball, fly kites, dance tops, practice many computer games and look for friends through social networks.

At first, the neighborhood was visited and the surveys on likes, needs and preferences were applied to 1200 residents, representing 30% of the population. 469 homes were visited, and the participants were controlled in the recreational projects (recreational sports festival, roosters exhibition, bird show, rescue

activities of traditional games, varied board games, participation in group competitions of traditional dances).

Table 1. Developed activities.

Activities	Total of participants
Recreational sports festival	989
Roosters exhibition	967
Birds exhibition	493
Traditional games	1145
Table games	861
Total of participants	4455

Proposal.

Be part of an initial recreational diagnosis, where the tastes, preferences and schedules dedicated to free time are defined. A dispenzarisation of the area that is wanted to work is developed. The relevant assessments to promote the physical recreation management model in the North District of Guantánamo Province, in accordance with the policy drafted in our guidelines, the strategy of the National Institute of Sports, Physical Education and Recreation for local development, as well as the municipal popular council are made. It also aims to exploit the potential offered by the environment.

A coordination workshop with the community factors is held: sports team, medical staff, delegates from the district, recreation teachers who serve the neighborhood, member of the schools management framed in the neighborhood, gastronomy and business personnel area, culture, prosecutor's office. This with the purpose of coordinating the chronogram of actions that are going to be taxed to the physical recreation, in the determined period for the local human development.

A second workshop with recreation promoters of the area and teachers of the National Institute of Sports Physical Education and Recreation that attend this activity is held to define more precisely all the actions to be developed, locate the land to be used and marked previously, check the quality of all the propaganda

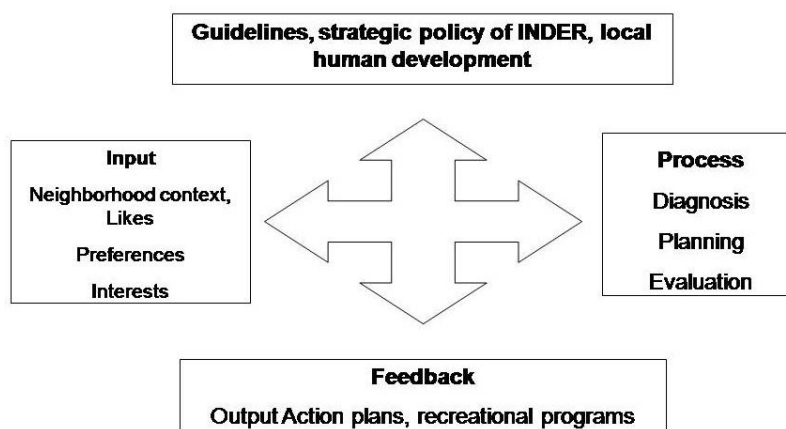
banners and flyers, as well as assigning a responsible person for the disclosure of the activity by the media.

A staff is appointed so that, during the execution of the activities, opinions are exchanged with the participants instructing them about the meaning of the recreation as well as its importance. Satisfaction questions are asked about what is offered, about the main problems of recreation in the neighborhood and possible solutions, since the collective construction of knowledge will always be more productive.

The causes of non-participation in the offered activities will be identified, as well as the likes and preferences of the observers of the activities offered.

This exchange with the population of the neighborhood will identify the inadequacies that cause the non-attendance to the recreational activities proposed to the inhabitants, and will allow the recreational demarche to build a management model of physical recreation for local human development, from the North District of the Guantánamo Province.

Figure 1. Physical Recreation Management Model for local human development from the northern neighborhood of Guantánamo Province.



The programmed activities with the indicated characteristics were applied, and the participation was behaved as follows:

Table 2. Activities carried out after the management.

Activities	Total of participants
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Recreational sports festival	1972
Roosters' exhibition and award to the most colorful	2670
Birds exhibition and award to the best voice	1402
Traditional games	1321
Table games	861
Other individual activities	1100
Tales festival	103
Dancing group competitions	1007
Total dofparticipants	9436

Evidently after applying this management model for physical recreation, the participation of the population was considerably increased in the activities offered. In addition, sales of varied products and the participation of various sectors based on local human development were offered.

CONCLUSIONS

A management model for physical recreation was designed to know the needs and capacities for local human development in the Norther Neighborhood of Guantanamo province. The evaluation of the management model for physical recreation with respect to the satisfaction of needs and capacities for local human development in the Norther Neighborhood of Guantanamo province, allows to declare it as pertinent.

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